

UNIT 2 TOPIC 4

DOMESTIC AND FAMILY VIOLENCE

LEARNING OBJECTIVES:

- 2.4.1 Define domestic and family violence.
- 2.4.2 Discuss the levels of violence.
- 2.4.3 Discuss the signs of domestic and family violence.
- 2.4.4 Discuss the causes of domestic and family violence.
- 2.4.5 Discuss how domestic violence affects children.
- 2.4.6 Discuss ways to help someone with domestic and family violence.
- 2.4.7 Discuss resources and places to get help.
- 2.4.8 Discuss how domestic and family violence goes against Core Values.

REFERENCES:

- 1. OPNAVINST 5580.1A
- 2. OPNAVINST 1752.2A
- 3. OPNAVINST 5820.7B
- 4. <http://www.pilotonline.com/special/violence/m10517sig.html>
- 5. http://www.nasatlanta.navy.mil/fsc_fap.html
- 6. <http://neds.nebt.daps.mil/directives/5580/fourteen.pdf>
- 7. <http://www.azstarnet.com/~tcwc/natstats.html>

SLIDES:

- 2-4-1 Domestic and Family Violence
- 2-4-2 Domestic Violence Stats
- 2-4-3 Levels of Violence
- 2-4-4 Risk Factors
- 2-4-5 Backgrounds and Perceptions
- 2-4-6 Characteristics of the Batterer
- 2-4-7 Characteristics of the Victim
- 2-4-8 Impact on Children

- 2-4-9 Emotional Reaction of Children
- 2-4-10 Behavioral Warning Signs
- 2-4-11 Work Related Warning Signs
- 2-4-12 How To Help
- 2-4-13 Help Resources
- 2-4-14 Core Values
- 2-4-15 Summary

CASE STUDIES:

None

VIDEO TAPES:

None

NOTES TO THE FACILITATOR:

The main points of this topic are:

- Defining domestic violence and its different levels.
- Identifying the signs and causes of domestic violence.
- Ways to help and resources for victims of domestic violence.
- Focusing the Core Values in the prevention of domestic violence.
- How domestic violence impacts children.

I. INTRODUCTION

- A. Domestic or family violence is defined as deliberate, often repetitive physical abuse by one family member against another that affects psychological well-being. The family members often involved are marital partners, parents, children, siblings, or any other member of a household.
- B. Most of us know someone who has been abused, either a family member, friend, or co-worker.
- C. Domestic violence affects men and women of all ages, ethnic backgrounds, incomes, professions, and levels of education.
- D. According to the FBI, a woman is beaten every 18 seconds and more than 4 million women are abused every year.
- E. Domestic violence is the single greatest cause of injury to women.
- F. One study indicated that as many as in 1 in 4 men and 1 in 6 women think that under certain conditions it is appropriate for a husband to hit his wife.
- G. Although men are sometimes seen as the victim in abusive situations, women are seven times more likely to be abused than men.
- H. Violence has become a special topic in the news, a theme in many television shows and movies, and is happening in our homes and our communities-it is all around us.

SHOW SLIDE 2-4-1 DOMESTIC AND FAMILY ABUSE**SHOW SLIDE 2-4-2 DOMESTIC VIOLENCE STATS**

Facilitator Note: What are some specific examples of domestic violence/spouse abuse you are aware of?

The intent of asking this question is to give the students a chance to share their own ideas about what they believe are acts of domestic violence, before the levels of violence are presented.

II. LEVELS OF VIOLENCE

- A. An important part of recognizing a violent act is to understand that domestic violence includes a range of mild, moderate, and severe acts of physical, emotional, and sexual violence.
- B. Below are the levels of violence and some characteristics of each.
 - 1. Mild
 - a. Mild or no physical injury.
 - b. No ongoing risk/intimidation.
 - c. Verbal threats and other controlling behaviors.
 - d. Minor destruction of property (throwing objects against the wall, kicking a door, etc.).
 - e. A minor isolated incident.
 - f. No repetitive pattern.
 - g. No medical treatment necessary.
 - 2. Moderate
 - a. Minor or major injury where one medical visit or short term hospital treatment may be needed.
 - b. Kicked, bit, hit with open hand (once or twice).
 - c. Pushed, slapped and/or grabbed or shoved.
 - d. Moderate destruction of property (throwing objects at spouse).

SHOW SLIDE 2-4-3 LEVELS OF VIOLENCE

- e. Pattern of one or more of the behaviors listed under Emotional Abuse.
- 3. Severe
 - a. Major physical injury and long-term medical care or hospitalization is indicated.
 - b. Choked, severely kicked, hit numerous times.
 - c. Use or threats of weapons/objects.
 - d. Destruction of personal property and pets (slashing pictures, breaking objects meaningful to someone; abusing, maiming, or killing a pet).
 - e. Sexually abused/Forcible sex
 - f. Pattern of one or more of the behaviors listed under Emotional Abuse.
- 4. Emotional Abuse-Pattern of one or more of the following controlling behaviors, which may be moderate to extreme.
 - a. Insults
 - b. Intimidation
 - c. Name calling
 - d. Extreme jealousy
 - e. Withholding affection
 - f. Threats

- g. Stalking
 - h. Destruction of personal property
 - i. Imposing limits to phone, transportation, money, friends, etc.
5. Sexual Abuse-The forcing of one spouse by the other spouse to engage in any sexual activity through the use of physical violence, intimidation, or the explicit or implicit threat of future violence.

III. RISK FACTORS FOR DOMESTIC VIOLENCE

- A. There are no specific sets of factors that make a person likely to become abusive.
- B. There are, however, a number of factors that would put any family at higher risk for domestic violence.
- C. Some of these factors can be particularly relevant to spouse or partner abuse among military families. They include:
 - 1. Age-Abuse is greater among younger populations, and the military is younger overall than the general population.
 - 2. Gender-Males are more likely to commit domestic abuse.
 - 3. Length of marriage-Abuse is more likely in less-established relationships.
 - 4. Education-A study has shown that substantiated abusers have lower educational

SHOW SLIDE 2-4-4 RISK FACTORS

levels.

5. Income-Low pay can lead to financial stress and can be a factor in domestic violence.
6. Residential mobility-Moving frequently can be a factor in domestic abuse.
7. Social isolation-Living far from family, friends, and people who provide support can be another risk factor.
8. Behavior and attitudes-Behaviors and attitudes supporting violence may be learned or reinforced through combat training.
9. Alcohol or substance use-Alcohol and substance abuse may be a factor in creating a conflict situation and intensify the violence.

IV. BACKGROUNDS AND PERCEPTIONS

- A. As discussed previously, there is no set of risk factors or circumstances that make a person become abusive.
- B. Research has indicated that couples who are violent seem to have similar background circumstances and perceptions. These include:
 1. Poor habits formed in growing up.
 - a. Unresolved emotional issues from childhood.
 - b. Learned that violence is a choice to deal with the situation at hand.

SHOW SLIDE 2-4-5 BACKGROUNDS AND PERCEPTIONS

DISCUSSION POINT**RELATED INSTRUCTOR ACTIVITY**

2. Low self-esteem.
 - a. Lack of power and control over their own life.
 - b. Feelings of inadequacy.
3. Unrealistic or inappropriate expectations and beliefs.
 - a. Lessons learned from culture and media promotions of violence.
 - b. Beliefs that their behavior is not wrong and if they get caught they can talk their way out of it.
4. The lack of opportunity to learn better coping skills.
 - a. Solving problems, making decisions, compromising, resolving conflicts, supporting spouse, and taking personal responsibility.
5. Poor health.
 - a. Poor diet.
 - b. Lack of sleep.
 - c. Low energy.
6. A self destructive path
 - a. Substance abuse.
 - b. Alcohol abuse.
 - c. Suicidal thoughts.
7. Life events, challenges, and changes (marriage, divorce, new baby, change of jobs, moves) seem to intensify an already at-risk environment.

V. CHARACTERISTICS OF THE BATTERER

- A. The person who abuses or assaults is referred to as the “batterer.”
- B. In most cases, this is the male but can be the female in some situations.
- C. Often batterers learn that using violence “works” to maintain their power and control over the relationship.
- D. The research on violence does not pinpoint a specific profile for batterers but the following characteristics are common.
 - 1. Desirability of control and power.
 - a. Likely believe that he/she must discipline and control his/her spouse and relationship in every aspect including money, house, car, children, etc.
 - b. Likely to believe his/her spouse must obey if he/she is to “keep her/him.”
 - 2. Rigid attitudes that tend to view dominance over women-this is supported by American customs, culture, and perceptions.
 - a. Women should cook, clean, care for children, cater to his needs.
 - b. He expects people to follow through on his orders or advice. This is often referred to as male privilege.

SHOW SLIDE 2-4-6 CHARACTERISTICS OF THE BATTERER

This is often true when the batterer is male.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

3. Insecure
 - a. Fear their spouse will expose them as the inadequate failure they secretly believes they are.
 - b. May be financially, socially, and/or emotionally dependent on their spouse or may not be able to achieve their goals.
4. Most likely to have been abused as a child and grew up learning that violence is normal.
5. Extreme jealousy and the inability to trust.
 - a. Jealousy extends beyond family and friends.
6. Poor impulse control, inability to deal with stress, change, anger.
 - a. Unpredictable temper and/or not thinking of the consequences.
 - b. Masks anger, frustrations, and fear.
 - c. Appears to have good and bad days, almost as if he/she were two different people.
7. Alcohol/Substance abuse.
 - a. When used, is likely to change their perceptions of the situation and consequences of their actions.
 - b. The severity of violence is often worse after alcohol or substance use.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

8. Other patterns exhibited by batterers are:
 - a. Fear of losing their spouse.
 - b. Suppressing/stuffing their feelings.
 - c. Poor communication.
 - d. Blaming the loss of control on their spouse.
 - e. Denial of the severity of the violence.

VI. CHARACTERISTICS OF THE VICTIM

- A. Although males are the victim of domestic violence in certain situations, it is the female who is most often viewed as the “battered wife.”
- B. There is no “special” profile of the victim of domestic violence, either female or male.
- C. Common characteristics do, however, develop over time. These characteristics are somewhat different if the male is the victim.
- D. The characteristics for the battered wife may include some of the following:
 - 1. Helplessness
 - 2. Powerlessness
 - 3. Low (paralyzed) self esteem
 - 4. Embarrassment, shame, or guilt
 - 5. Fear (Fear of inciting batterer, fear of leaving and of staying)
 - 6. Re-experience the traumatic event (nightmares, flashbacks)
 - 7. Fear for the children
 - 8. Depression

SHOW SLIDE 2-4-7 CHARACTERISTICS OF THE VICTIM

- 9. Self destructive behaviors (suicidal thoughts, eating disorder, substance abuse)
- 10. Physical problems (headaches, back pain, low energy)
- 11. Homicidal thoughts
- E. Male and female violence does not have the same impact on the person being battered. Fear of the spouse/partner is the critical difference between the two. In addition, it is rare for a male to be “battered” that is intimidated by, beaten, and fearful of his spouse. He is rarely dominated through a pattern of coercive control.
- F. Men often do not report being abused by their spouse or partner.

VI. IMPACT OF DOMESTIC VIOLENCE ON CHILDREN

- A. There are those who say children, especially young children, do not really understand what is going on between their parents when domestic violence occurs. They are wrong. Children do understand.
- B. There is a great impact on children who witness domestic violence. The perception of the child who witnesses violence depends on a number of variables, such as age and nature of violence, etc.

SHOW SLIDE 2-4-8 IMPACT OF DOMESTIC VIOLENCE ON CHILDREN

- C. A small sample of studies that review children who are exposed to domestic violence, suggests that there is a link between children who witness violence at home and who use violence in their adult intimate relationships.
- D. Below are some general guidelines on how domestic violence impacts children.
1. Withdrawn/apathetic behavior (childhood depression, unsociable, passive, feelings of powerlessness, moody, overly controlled).
 2. Aggressive/violent behavior (anger, open rage, low frustration tolerance, poorly socialized, difficult to control, low self-esteem).
 3. Shame and humiliation.
 4. Feelings of guilt and responsibility.
 5. Stigma (feeling of being different).
 6. Physical fears.
 7. Fear of intimacy/developing close relationships (distrustful, guarded, vigilant).
 8. Distrust of males and/or females.
 9. Contempt for females and/or males.
 10. Identification with aggressor.
 11. Identification with victim.
 12. Confused values. Physical force is viewed as a legitimate means of control.

13. Conflicting and ambivalent feelings and loyalties towards parents.
 14. Parental child (early maturity, mothering, role reversal).
 15. Physical problems and complaints.
 16. Learning problems.
 17. Confused sexual identity.
 18. Sexual behavior seen as an expression of power and anger rather than love and tenderness.
 19. Suicidal ideation/attempts.
- E. There are several emotional reactions children from violent homes are likely to show. The same emotional reaction can be acted out differently according to the child's age.
1. Responsibility-Children often feel they are to blame for the abuse.
 2. Anxiety-Children from violent homes live in a constant state of anxiety even when things are calm because they never know when the next fight will start.
 3. Guilt-Children often feel guilty about the abuse because they feel as though they should or could have done something to stop it. Children also experience guilt over the good feelings they have about the abuser.

SHOW SLIDE 2-4-9 EMOTIONAL REACTIONS OF CHILDREN

4. Grief-Children who are separated from the abuser are in the process of grieving over the loss of not living with that parent. Children may also grieve over losing the life style and positive image of the abuser they had before the violence began.
5. Ambivalence-The idea of not knowing how one feels or having two opposite emotions at the same time is very difficult for kids.

VII. RECOGNIZING THE WARNING SIGNS

- A. Although domestic violence is not always recognizable, there are some warning signs which may lead you to assume something may be wrong.
- B. You may notice some of the following changes in behaviors:
 1. Distancing self from others.
 2. Poorly explained injuries.
 3. Physical appearance including dress, weight, and hygiene.
 4. Irritable, short-tempered, agitation, and/or compulsiveness.
 5. Expressions of hopelessness, fear, confusion.
 6. Self-depreciating talk.

SHOW SLIDE 2-4-10 BEHAVIORAL WARNING SIGNS

7. Unusual comments (e.g., “I’d really like to go out but he/she won’t let me go.”)
- C. You may also notice changes in work specific behaviors:
1. Increased and poorly explained work absences.
 2. Increases in physical illness and use of personal time.
 3. Reduced or inconsistent work productivity.
 4. Increased need for supervision.
 5. Problems with concentration and/or attention.
 6. Increases in mishaps or accidents.
- D. Remember that emotional abuse and abuse that manipulates, weakens, and controls a person is sometimes so complex and bewildering it is very difficult to identify.

VIII. SUPPORTING OTHERS AND GETTING HELP

- A. Besides referring someone to the appropriate professional services who can help with domestic violence, there are some things you can do as a friend or co-worker to help someone in this situation.

SHOW SLIDE 2-4-11 WORK RELATED WARNING SIGNS

SHOW SLIDE 2-4-12 HOW TO HELP

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Express concern, but don't counsel the person or give opinions (unless asked).
 2. Try to develop a relationship with the victim by encouraging him/her to talk while you stay calm and listen carefully.
 3. Encourage self-determination.
 4. Be honest and natural, warm and sensitive.
 5. Ask "what, how" questions and then allow the victim to answer them and make his/her own decisions about the situation.
 6. Use humor appropriately.
 7. Be spontaneous.
 8. Keep communications open.
 9. Accept the victim as a person.
 10. Remain optimistic and positive.
 11. Let him/her know your door is always open.
- B. If you do not feel comfortable offering encouragement or if you see, hear, or know about violence in progress, call for help.
- C. In the military and civilian communities, law enforcement has the initial responsibility for investigating complaints about domestic violence. Law enforcement should preserve peace and refer the couple to community resources.
- D. In the military, once law enforcement receives the initial report, the incident is then referred to the Case Review Committee (CRC) who

SHOW SLIDE 2-4-13 HELP RESOURCES

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

reviews the incident, makes clinical assessments, suggests preliminary safety measures and recommends clinically-based support services to the unit commander.

- E. The Family Advocacy Program Manager (FAPM) is also a point of contact for initial reports, anonymous inquires about domestic violence, general information, and referrals to services.

IX. DOMESTIC VIOLENCE AND CORE VALUES

- A. Domestic/family violence goes against good discipline and core values.
- B. Core values support the prevention of domestic violence and the responsibility to end domestic violence.

Honor-Domestic violence is inexcusable, unacceptable, and not tolerated. Take responsibility to help create a safe, violence-free environment.

SHOW SLIDE 2-4-14 CORE VALUES

Courage- Support someone involved in domestic abuse. Refer them to the proper resources/authorities and offer a supportive hand.

Commitment- Domestic violence is against the law. Educate yourself stand strong in preventing domestic violence.

X. SUMMARY

- A. In this lesson we defined domestic/family violence, discussed some statistics, and identified the levels of violence.
- B. We also discussed possible causes and signs of domestic violence.
- C. We looked at how domestic violence impacts children.
- D. We identified some ways to help someone involved in a domestic violence situation and some additional resources of help.
- E. We looked at how domestic violence directly goes against Core Values.

SHOW SLIDE 2-4-15 SUMMARY